

# **Maintaining Intimacy in a Busy Marriage: Carving Out Quality Time**

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Strategies to Strengthen your Marriage and Build Commitment

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In today's fast-paced world, it's easy for the demands of work, family, and daily responsibilities to take a toll on our relationships. As a marriage and commitment expert, I understand the challenges couples face when trying to maintain intimacy amidst a busy life. However, carving out quality time for each other is essential, and I'm here to share 15 tips on how to do just that. Let's dive in!

Remember, maintaining intimacy in a busy marriage requires effort and dedication from both partners. By carving out quality time and following these tips, you can keep the flame alive and nurture your relationship amidst the chaos of everyday life. Now, I would love to hear your thoughts! Which of these tips resonated with you the most, and do you have any other suggestions for maintaining intimacy in a busy marriage? Share your insights in the comments below!